ANNUAL REPORT

1990

MELFORT-TISDALE HEALTH REGION NO. 11

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REGIONAL BOARD MEMBERS FOR 1990

Mr. Ettore Quaroni, Vice Chairman
Box 698
MELFORT, Saskatchewan
S0E 1A0
Phone: 752-3727

Mrs. Myrtle Dertell
General Delivery
STAR CITY, Saskatchewan
S0E 1P0
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Mr. N.A. Bruce
Box 2498
NIPAWIN, Saskatchewan
S0E 1E0
Phone: 862-3570

Mrs. Minnie Deutsch
Box 2531
NIPAWIN, Saskatchewan
S0E 1E0
Phone: 862-3633

Mrs. Pat Hackett
Box 104
ARBORFIELD, Saskatchewan
S0E 0A0
Phone: 769-8369

Mr. Ernest Litzenberger
Box 145
MISTATIM, Saskatchewan
S0E 1B0
Phone: 889-2064

Mr. Peter Foga, Chairman
Box 34
PRAIRIE RIVER, Saskatchewan
S0E 1J0
Phone: 889-4208

Mr. Albert Espenant
Box 946
HUDSON BAY, Saskatchewan
S0E 0Y0
Phone: 865-3072

Mr. Carl Hogeman
Box 174
LEROY, Saskatchewan
S0K 2P0
Phone: 366-4606

Mr. Ed Messaros
Box 73
ST. BENEDICT, Saskatchewan
S0K 3T0
Phone: 289-2057

Mrs. Anna Prince
Box 136
KUROKI, Saskatchewan
S0A 1Y0
Phone: 338-2671

Mrs. Elaine Gulutzan
Box 51
SPALDING, Saskatchewan
S0K 4C0
Phone: 287-4062

1990 MUNICIPAL HEALTH REPRESENTATIVES

NAME	ADDRESS	REPRESENTING
HEALTH DISTRICT NO. 1		
Mrs. Lorie Annand	Melfort	City of Melfort
Mr. Richard Friesen	Box 521, Kinistino	Town of Kinistino
Mrs. Joan Fouhse	Box 576, Naicam	Town of Naicam
Mrs. Cheryl Guy	Box 294, Star City	Town of Star City
Mr. Robert Mumby	St. Brieux	Village of St. Brieux
Mr. Eric Woode	Box 151, Weldon	Village of Weldon
Mr. Forrest Pederson	Box 447, Naicam	R.M. of Plesantdale #398
Mr. Ettore Quaroni	Box 698, Melfort	R.M. of Lake Lenore #399
Mrs. Myrtle Dertell	Star City	R.M. of Star City #428
Mr. Alex Mudrik	Box 94, Pathlow	R.M. of Flett Springs #429
Mr. Gerald Peterson	Box 1017, Melfort	R.M. of Willow Creek #458
Mr. Walter Dupin	Box 4, Beatty	R.M. of Kinistino #459
---	---	Village of Valparaiso
HEALTH DISTRICT NO. 2		
Ms. Linda Palm	Box 613, Carrot River	Town of Carrot River
Mrs. Marg Pfrimmer	Box 73, Choiceland	Town of Choiceland
Mr. Archie Bruce	Box 2498, Nipawin	Town of Nipawin
Mr. Martin Klassen	Aylsham	Village of Aylsham
Mrs. Lavera Olson	Box 37, Codette	Village of Codette
Mrs. Linda French	Box 88, Love	Village of Love
Mr. Carl Berlin	Smeaton	Village of Smeaton
Mr. Vern Gabriel	Box 1479, Nipawin	Village of Tobin Lake
Mrs. Doris Grieves	Box 103, White Fox	Village of White Fox
Mr. Harold McShannon	Box 673, Carrot River	R.M. of Moose Range #486
Mr. Martin Neufeld	Box 46, Gronlid	R.M. of Nipawin #487
Ms. Minnie Deutsch	Box 2531, Nipawin	R.M. of Torch River #488
HEALTH DISTRICT NO. 3		
Ms. Patricia Hackett	Box 104, Arborfield	Town of Arborfield
Mr. Maurice Taylor	Box 1090, Tisdale	Town of Tisdale
Mr. Donald Head	Archerwill	Village of Archerwill
Mr. Brad Wearing	Bjorkdale	Village of Bjorkdale
Mr. Ernest Litzenberger	Box 145, Mistatim	Village of Mistatim
Mrs. Patricia Fitkowski	Box 83, Ridgedale	Village of Ridgedale
Mr. Florent Lalonde	Zenon Park,	Village of Zenon Park
Mr. Andrew Taphorn	Box 44, McKague	R.M. of Barrier Valley#397
Mr. Lyle Yager	Box 62, Crooked River	R.M. of Bjorkdale #426
Mr. Ian Allan	Box 1571, Tisdale	R.M. of Tisdale #427
Ms. Katherine Bradshaw	Arborfield	R.M. of Arborfield #456
Mrs. Kathy Reed	Box 1658, Tisdale	R.M. of Connaught #457

HEALTH DISTRICT NO. 4

Dr. Larry Sandomirsky	Hudson Bay	Town of Hudson Bay
Mr. Barry Warsylewicz	Box 664, Porcupine Plain	Town of Porcupine Plain
Mrs. Olga Smith	Box 38, Carragana	Village of Carragana
Mr. James Wallace	Box 114, Weekes	Village of Weekes
Mr. Albert Espenant	Box 946, Hudson Bay	R.M. of Hudson Bay #394
Mr. Peter Foga	Box 34, Prairie River	R.M. of Porcupine Plain#395

HEALTH DISTRICT NO. 5

Mr. Al Muench	Humboldt	Town of Humboldt
Mr. Jake Bendel	Box 2, Leroy	Town of Leroy
Mr. Allan Doepker	Annaheim	Village of Annaheim
---	---	Village of Englefeld
---	---	Village of Lake Lenore
Mrs. Barbara Pomedli	Box 178, Middle Lake	Village of Middle Lake
Mrs. Janice Korte	Box 186 Muenster	Village of Muenster
Mr. Duane Bauer	Pilger	Village of Pilger
Mr. Ed Messaros	Box 73, St. Benedict	Village of St. Benedict
Mr. Lyle Muyres	Box 106, St. Gregor	Village of St. Gregor
Mr. Carl Hogeman	Box 174, Leroy	R.M. of Leroy #339
Mr. Cyril Hale	Box 425, Humboldt	R.M. of Wolverine #340
Mr. Francis Ehalt	Box 93, Annaheim	R.M. of St. Peter #369
Mr. Leslie Stadnyk	Box 1617, Humboldt	R.M. of Humboldt #370
Mr. Carl Grundmann	Box 86, St. Brieux	R.M. of Three Lakes #400

HEALTH DISTRICT NO. 6

Mayor Lorne Wytrykusz	Box 70, Kelvington	Town of Kelvington
Mr. Raymond Wolff	Box 460, Rose Valley	Town of Rose Valley
Ms. Syl Pisiak	Box 730, Wadena	Town of Wadena
Mrs. Colleen Haussecker	Box 636, Watson	Town of Watson
Mr. Andrew Lysyshin	Box 160, Fosston	Village of Fosston
Mr. Bud Johns	Box 72, Margo	Village of Margo
Ms. Jo-Anne Dyok-Unruh	Box 234, Quill Lake	Village of Quill Lake
Mrs. Kathy Johnson	Box 132, Spalding	Village of Spalding
Mrs. Anna Prince	Box 136, Kuroki	R.M. of Sasman #336
Mr. Alvin Lazar	Wadena	R.M. of Lakeview #337
Mr. Jim Meiklejohn	Box 297, Quill Lake	R.M. of Lakeside #338
Mr. Tim Leurer	Box 519, Kelvington	R.M. of Kelvington #366
Mr. Douglas Muir	Box 308, Rose Valley	R.M. of Ponass Lake #367
Mrs. Elaine Gulatzun	Spalding	R.M. of Spalding #368

A MESSAGE FROM OUR REGIONAL BOARD CHAIRMAN

- Peter Foga

I have found my first year as Regional Board Chairman both exciting and challenging.

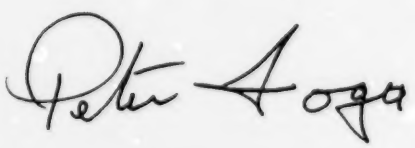
Historically, "health" has had many meanings as our ability to keep people healthy has improved. A healthy community is one in which municipal departments, residents and the private sector work together to create an environment that supports "health". One of the major thrusts of our Regional Board in contributing to the health of our communities has been the promotion of the Everyone Wins Community Grants. Everyone Wins is a program about a health promoting lifestyle focusing on seven key issues: nutrition, physical fitness, stress, accident prevention, alcohol and drug abuse, smoking and communicable diseases. All Community Grant applications are reviewed by the Regional Board to ensure they address the health needs, interests and status of the community. The response throughout all areas in this Region has been excellent.

This past year many Board members accepted responsibility for reporting on specific areas of interest to them such as funding, drug and alcohol abuse, Community Therapy Program, Environmental issues, harmful chemicals and hazardous materials, farm safety, Home Care or any other community concerns or problems identified.

I would like to express my appreciation for the assistance, co-operation and support received from my fellow Board members as I worked to become familiar with my new position. I have enjoyed working with you and look forward to new challenges.

I also wish to thank Grace Rindahl who assumed the Acting Regional Director responsibilities this past year. Her keen interest in Community Health along with her sensitivity to regional concerns has definitely challenged all regional staff and Board members to work toward the improvement and expansion of prevention health initiatives in the health region.

I want to thank all the staff for their continued efforts in delivering a high quality, professional service to the region.



ACTING REGIONAL DIRECTOR REPORT - 1990

- Grace Rindahl

For the entire year in 1990, Grace Rindahl acted as the Regional Director for the Melfort-Tisdale Health Region. Dr. Watler has covered the Region as Medical Health Officer from Yorkton. The staff of the Melfort Health Region is waiting with enthusiasm the arrival of the Medical Health Officer/Regional Director in August 1991 for this region. The staff thanks Doctor Watler for his high level of knowledge that he has provided to this region throughout the year.

On September 1, 1990, Judy Tondell was appointed as the Acting Regional Nursing Supervisor for both the Melfort and Prince Albert Health Regions. Up until this time Grace Rindahl was in this Regional Nursing Supervisor position. This is a temporary arrangement until the Medical Health Officer arrives.

All the Program Staff positions were filled for the entire year. On October 15, 1990, Doug Terry was appointed as the Senior Public Health Inspector for the Melfort Region. This brought to an end the twinning of the program area with the Prince Albert Region.

This has been an excellent year for staffing. The field positions have been filled quickly for the most part. There were some vacancies through the year but we were able to successfully recruit to these field positions so by the end of 1990 all positions were full.

The Regional Director of Support Services position was not filled for the entire year. Celine Myrheim, Senior Secretary, has taken on additional duties in this area of administration. It seems that this will be a permanent arrangement in the upcoming year.

The Regional Board of Health assumed responsibility for the local administration and approval of the Everyone Wins Community Grants in the Spring of 1990. This has been a very successful process. Everyone Wins grants has encouraged community groups to sponsor health programs in their communities targeted at the seven lifestyle issues: Nutrition, Physical Fitness, Stress, Accident Prevention, Alcohol and Drug Abuse, Smoking and Communicable Disease. Some of the grants given out are as follows:

1) Nipawin Seniors put on a Health Fair

2) Star City organized a Wellness Clinic

3) Libraries received grants to purchase videos and books on lifestyle issues

4) Local Recreation Boards received grants to put on physical fitness sessions.

5) Other local community groups in Melfort, Nipawin and Wadena received a grant to sponsor parenting classes for at risk parents.

The Humboldt office received renovations in 1990. This was a very positive move to assist more effective program delivery. A Public Health Inspector's office was created as this position was filled later in 1990.

The communicable disease statistics follows. These figures may include some from Medical Services Branch jurisdiction.

The field staff followed up on a total of 127 cases of communicable diseases in 1990.

The Health Region and the Branch are making progress in the area of computerization. The use of the computer has taken place in the area of administration, by the Speech Language Pathologist and Early Childhood Psychologist for report writing and caseload management and for the Public Health Inspectors program. The Public Health Nursing program will be coming on stream for the immunization portion hopefully in the near future.

In early 1990 a Saskatchewan Health Employee Recognition Program was introduced to our employees. In this program emphasis has been placed on the key role each employee plays in the growth and progress of the department. As well, commending long term service rendered by employees, and provided an incentive to encourage career development with Saskatchewan Health. Some of our employees in this region have received long term service recognition as well as recognition for career development.

The staff of the Melfort-Tisdale Health Region are to be commended for their high quality of professional services that they have rendered to improve the health status of the residents of this region.

I would like to thank all the Board Members for their support and commitment to the services provided by Community Health Prevention Services Branch.

It is with great pleasure that I present to the Board this report of 1990 for the Melfort-Tisdale Health Region.

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COMMUNICABLE DISEASE STATISTICS

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Amoebiosis		2				1						
Campylobacter		1				1	4	3	1	3		
Giardiasis	6	3	6	4	1	4	2	1	6	2	1	2
Hepatitis A										1	4	
Pertussis							1					
Salmonella	3	3		1	2	1	3	7	4	4		5
Shigella		1			2	1					4	1
Hemophilus Meningitis												
T.B.	6	14	2	2								

NUMBER OF BIRTHS OCCURRING IN SASKATCHEWAN IN 1990
BY MOTHER'S AGE, MARITAL STATUS AND HEALTH REGION

		TOTAL	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45+
TOTAL FOR PROVINCE	TOTAL	16031	29	1597	3967	5995	3473	886	83	1
	MARRIED	11529		191	2255	5110	3122	776	74	1
	OTHER	4502	29	1406	1712	885	351	110	9	
# 1 SWIFT CURRENT	TOTAL	516	1	35	110	216	125	25	4	
	MARRIED	450		11	93	202	117	23	4	
	OTHER	66	1	24	17	14	8	2		
# 2 MOOSE JAW-ASSINIBOIA-GRAVELBOURG	TOTAL	865		71	227	354	170	42	1	
	MARRIED	693		15	161	320	160	36	1	
	OTHER	172		56	66	34	10	6		
# 3 WEYBURN-ESTEVAN	TOTAL	643	1	53	173	260	128	27	1	
	MARRIED	514		9	127	238	116	23	1	
	OTHER	129	1	44	46	22	12	4		
# 5 REGINA RURAL	TOTAL	904	2	88	234	347	178	49	5	
	MARRIED	670		12	140	309	160	45	4	
	OTHER	234	2	76	94	38	18	4	1	
# 7 ROSETOWN-BIGGAR-KINDERSLEY	TOTAL	567		21	120	242	149	30	5	
	MARRIED	504		5	95	227	142	30	5	
	OTHER	63		16	25	15	7			
# 8 SASKATOON RURAL	TOTAL	682		28	135	276	187	55	2	
	MARRIED	624		7	117	261	182	55	2	
	OTHER	58		21	18	14	5			
#10 YORKTON-MELVILLE	TOTAL	848	1	74	215	341	168	44	5	
	MARRIED	678		14	145	317	155	42	5	
	OTHER	170	1	60	70	24	13	2		
#11 MELFORT-TISDALE	TOTAL	840	3	81	237	279	194	41	5	
	MARRIED	672		18	166	256	187	40	4	
	OTHER	168	3	62	71	23	7	1	1	
#12 PRINCE ALBERT	TOTAL	1384	1	193	407	463	240	71	8	1
	MARRIED	849		16	210	358	204	51	8	1
	OTHER	535	1	177	197	104	36	20		
#13 NORTH BATTLEFORD	TOTAL	1316	4	186	355	478	225	59	9	
	MARRIED	806		17	176	365	187	53	8	
	OTHER	510	4	169	179	113	38	6	1	
CITY OF REGINA	TOTAL	3036	3	301	709	1158	692	157	16	
	MARRIED	2091		18	337	861	623	136	15	
	OTHER	945	3	282	372	197	69	21	1	
CITY OF SASKATOON	TOTAL	3323	5	273	683	1237	862	247	16	
	MARRIED	2447		27	369	1057	773	208	13	
	OTHER	876	5	246	314	180	89	39	3	
NORTHERN SASKATCHEWAN	TOTAL	762	7	168	276	195	90	24	2	
	MARRIED	275		14	69	112	60	19	1	
	OTHER	487	7	154	207	83	30	5	1	

TOTAL NUMBER OF VITAL EVENTS OCCURRING IN SASKATCHEWAN IN 1990
BY HEALTH REGION

HEALTH REGION	BIRTHS	DEATHS	INFANT DEATHS	NEONATAL DEATHS	PERINATAL DEATHS	STILL BIRTHS	INFANT DEATH RATE	PERINATAL DEATH RATE
TOTAL FOR PROVINCE	16031	7953	123	67	115	62	7.67	7.15
# 1 SWIFT CURRENT	516	402	4	2	4	2	7.75	7.72
# 2 MOOSE JAW-ASSINIBOIA-GRAVELBOURG	865	616	7	5	4	1	8.09	4.62
# 3 WEYBURN-ESTEVAN	643	417	2	2	3	1	3.11	4.66
# 5 REGINA RURAL	904	603	8	5	11	6	8.85	12.09
# 7 ROSETOWN-BIGGAR-KINDERSLEY	567	341	2	1	2	1	3.53	3.52
# 8 SASKATOON RURAL	682	281	4	1	4	3	5.87	5.84
#10 YORKTON-MELVILLE	848	805	1	1	5	5	1.18	5.86
#11 MELFORT-TISDALE	840	700	6	3	7	5	7.14	8.28
#12 PRINCE ALBERT	1384	623	8	6	8	5	5.78	6.48
#13 NORTH BATTLEFORD	1316	621	15	6	13	8	11.40	9.82
CITY OF REGINA	3036	1137	38	25	33	12	12.52	10.83
CITY OF SASKATOON	3323	1179	11	5	13	10	3.31	3.90
NORTHERN SASKATCHEWAN	762	111	12	4	5	1	15.75	6.55
OUT OF PROVINCE	345	117	5	1	2	2	14.49	5.76

NUMBER OF BIRTHS
OCCURRING IN SASKATCHEWAN IN 1990
BY MOTHER'S AGE, MARITAL STATUS AND BIRTH WEIGHT

		<2500 GRAMS	2500+ GRAMS	TOTAL	PERCENT <2500
TOTAL	TOTAL	770	15261	16031	4.8
	MARRIED	496	11033	11529	4.3
	OTHER	274	4228	4502	6.1
10-14	TOTAL	1	28	29	3.4
	OTHER	1	28	29	3.4
15-19	TOTAL	98	1499	1597	6.1
	MARRIED	9	182	191	4.7
	OTHER	89	1317	1406	6.3
20-24	TOTAL	178	3789	3967	4.5
	MARRIED	88	2167	2255	3.9
	OTHER	90	1622	1712	5.3
25-29	TOTAL	261	5734	5995	4.4
	MARRIED	215	4895	5110	4.2
	OTHER	46	839	885	5.2
30-34	TOTAL	159	3314	3473	4.6
	MARRIED	124	2998	3122	4.0
	OTHER	35	316	351	10.0
35-39	TOTAL	66	820	886	7.4
	MARRIED	56	720	776	7.2
	OTHER	10	100	110	9.1
40-44	TOTAL	7	76	83	8.4
	MARRIED	4	70	74	5.4
	OTHER	3	6	9	33.3
45-49	TOTAL	0	1	1	0.0
	MARRIED	0	1	1	0.0

NUMBER OF DEATHS BY CAUSE, AGE GROUP AND SEX
OCCURRING IN SASKATCHEWAN IN 1990

	TOTAL	ALL AGES		< 15		15-24		25-44		45-64		65-74		75+	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F
ALL CAUSES OF DEATH	7,853	4,426	3,527	111	86	86	27	228	103	695	397	1,001	615	2,305	2,299
02 TUBERCULOSIS	7	4	3	0	0	0	0	1	0	1	0	1	1	1	2
03 OTHER BACTERIAL DISEASES	26	14	12	0	0	0	0	1	1	2	1	3	1	8	8
04 VIRAL DISEASES	12	7	5	1	1	0	0	4	1	2	0	0	1	0	2
06 VENEREAL DISEASES	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
07 OTHER INFECTIOUS,PARASITIC DISEASES	5	1	4	0	0	0	0	0	0	0	0	0	1	1	3
08 M N OF LIP,ORAL CAVITY,PHARYNX	30	21	9	0	0	0	1	1	1	10	3	3	2	7	2
09 M N OF DIGESTIVE ORGANS,PERITONEUM	580	314	266	0	0	1	0	4	5	67	57	93	60	149	144
10 M N OF RESPIRATORY & RELATED ORGANS	459	338	121	0	0	0	0	3	3	98	38	130	42	107	38
11 M N OF BONE,SKIN,BREAST	222	27	195	0	0	0	0	5	13	10	55	5	54	7	73
12 M.N. OF GENITOURINARY ORGANS	347	229	118	0	0	0	2	4	5	24	29	59	31	142	51
13 M N OF OTHER & UNSPECIFIED SITES	172	98	74	2	3	2	0	8	5	23	19	28	22	35	25
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	191	112	79	2	1	1	0	4	2	28	14	25	38	52	24
15 BENIGN NEOPLASM	7	3	4	0	0	0	0	0	0	0	0	1	3	2	1
17 OTHER & UNSPECIFIED NEOPLASM	28	14	14	0	1	0	0	1	1	3	1	1	3	9	8
18 ENDOCRINE & METABOLIC DISEASES	196	98	98	0	1	0	0	2	4	11	10	23	13	62	70
19 NUTRITIONAL DEFICIENCIES	8	0	8	0	0	0	0	0	0	0	0	0	0	0	8
20 DIS OF BLOOD/FORMING ORGANS	25	15	10	0	1	0	0	0	1	1	0	2	2	12	6
21 MENTAL DISORDERS	78	42	36	0	0	0	0	5	0	6	3	6	2	25	31
22 DISEASES OF THE NERVOUS SYSTEM	196	105	91	4	3	3	0	9	7	11	11	13	15	65	55
25 RHEUMATIC FEVER/HEART DISEASE	64	25	39	0	0	0	0	2	1	4	3	9	8	10	27
26 HYPERTENSIVE DISEASE	62	32	30	0	0	0	0	0	0	5	1	4	3	23	26
27 ISCHAEMIC HEART DISEASE	1,819	1,051	768	0	0	2	0	18	1	165	48	273	126	593	593
28 PULMONARY & OTHER HEART DISEASE	563	280	283	2	3	1	1	8	5	30	18	67	35	172	221
29 CEREBROVASCULAR DISEASE	688	305	383	0	0	0	1	10	4	29	18	48	52	218	308
30 OTHER DISEASES OF CIRCULATORY SYSTEM	214	124	90	0	0	0	0	3	0	7	7	32	10	82	73
31 DISEASES OF UPPER RESPIRATORY TRACT	1	0	1	0	0	0	0	0	0	0	0	0	0	0	1
32 OTHER DISEASES OF RESPIRATORY SYSTEM	764	457	307	6	8	1	0	4	1	36	12	91	34	319	252
34 OTHER PARTS OF DIGESTIVE SYSTEM	286	143	143	3	5	0	0	3	5	33	16	32	33	72	84
35 DISEASES OF URINARY SYSTEM	123	62	61	1	1	0	0	1	0	12	3	6	4	42	53
36 DISEASES OF MALE GENITAL ORGANS	4	4	0	0	0	0	0	0	0	1	0	0	0	3	0
37 DISEASES OF FEMALE GENITAL ORGANS	3	0	3	0	0	0	0	0	0	0	1	0	0	0	2
39 DIRECT OBSTETRIC CAUSES	1	0	1	0	0	0	0	0	1	0	0	0	0	0	0
42 DISEASES OF SKIN	2	0	2	0	0	0	0	0	0	0	1	0	0	0	1
43 MUSCULOSKELETAL & CONNECTIVE TISSUE	35	12	23	0	0	1	0	0	0	1	1	3	6	7	16
44 CONGENITAL ANOMALIES	46	25	21	22	16	0	0	2	1	0	2	1	1	0	1
45 CONDITIONS IN PERINATAL PERIOD	38	26	12	26	12	0	0	0	0	0	0	0	0	0	0
46 SYMPTOMS & ILL-DEFINED CONDITIONS	84	29	55	15	13	0	0	0	0	2	3	0	0	12	39
E47 TRANSPORT ACCIDENTS	165	126	39	8	4	35	14	39	7	21	7	18	2	5	5
E48 ACCIDENTAL POISONING	14	8	6	1	0	0	0	4	2	2	3	1	0	0	1
E49 MISADVENTURES DURING MEDICAL CARE	14	9	5	0	0	0	0	0	0	2	0	1	1	6	4
E50 ACCIDENTAL FALLS	85	48	37	1	0	1	0	1	1	6	1	4	4	35	31
E51 ACCIDENTS CAUSED BY FIRES & FLAMES	21	14	7	6	6	2	1	3	0	1	0	0	0	2	0
E52 OTHER ACCIDENTS,LATE EFFECTS	75	56	19	8	3	6	1	15	2	14	2	7	2	6	9
E54 SUICIDE AND SELF-INFLICTED INJURY	147	119	28	0	1	24	6	49	16	23	4	10	1	13	0
E55 HOMICIDE & INTENTIONAL INJURY	29	18	11	2	1	4	0	8	5	3	4	1	1	0	0
E56 OTHER VIOLENCE	16	10	6	1	2	2	0	5	2	1	1	0	1	1	0

NUMBER OF DEATHS BY CAUSE, AGE GROUP AND SEX
OCCURRING IN SASKATCHEWAN IN 1990
FOR HEALTH REGION #11 MELFORT-TISDALE

	TOTAL	ALL AGES		< 15		15-24		25-44		45-64		65-74		75+	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F
ALL CAUSES OF DEATH	700	394	306	9	1	7	2	11	11	59	28	78	59	230	205
02 TUBERCULOSIS	1	1	0	0	0	0	0	0	0	1	0	0	0	0	0
03 OTHER BACTERIAL DISEASES	2	0	2	0	0	0	0	0	0	0	0	0	1	0	1
08 M N OF LIP,ORAL CAVITY,PHARYNX	2	1	1	0	0	0	0	0	1	0	0	0	0	1	0
09 M N OF DIGESTIVE ORGANS,PERITONEUM	50	27	23	0	0	1	0	1	0	6	2	5	7	14	14
10 M N OF RESPIRATORY & RELATED ORGANS	38	27	11	0	0	0	0	1	0	7	4	11	3	8	0
11 M N OF BONE,SKIN,BREAST	15	2	13	0	0	0	0	0	0	2	5	0	3	17	3
12 M.N. OF GENITOURINARY ORGANS	32	22	10	0	0	0	0	0	0	1	2	4	3	5	4
13 M N OF OTHER & UNSPECIFIED SITES	20	10	10	1	0	0	0	0	0	3	3	3	4	1	0
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	15	9	6	0	0	0	0	0	0	2	0	4	1	3	0
15 BENIGN NEOPLASM	1	0	1	0	0	0	0	0	0	0	0	0	0	1	1
17 OTHER & UNSPECIFIED NEOPLASM	3	1	2	0	0	0	0	0	1	0	0	1	0	0	1
18 ENDOCRINE & METABOLIC DISEASES	22	10	12	0	0	0	0	0	2	1	0	0	3	1	7
19 NUTRITIONAL DEFICIENCIES	1	0	1	0	0	0	0	0	0	0	0	1	0	8	1
20 DIS OF BLOOD/FORMING ORGANS	4	2	2	0	0	0	0	0	0	0	0	0	1	0	1
21 MENTAL DISORDERS	5	3	2	0	0	0	0	1	0	0	0	1	0	1	2
22 DISEASES OF THE NERVOUS SYSTEM	16	11	5	0	0	0	0	0	0	1	0	1	1	1	4
25 RHEUMATIC FEVER/HEART DISEASE	2	1	1	0	0	0	0	0	0	0	0	2	0	8	1
26 HYPERTENSIVE DISEASE	2	0	2	0	0	0	0	0	0	1	0	1	0	0	2
27 ISCHAEMIC HEART DISEASE	180	104	76	0	0	0	0	0	0	0	0	0	0	0	0
28 PULMONARY & OTHER HEART DISEASE	40	24	16	0	0	0	0	0	0	17	2	10	2	7	2
29 CEREBROVASCULAR DISEASE	59	31	28	0	0	0	0	0	0	2	0	4	2	8	4
30 OTHER DISEASES OF CIRCULATORY SYSTEM	22	14	8	0	0	0	0	2	1	1	0	4	4	4	2
31 DISEASES OF UPPER RESPIRATORY TRACT	1	0	1	0	0	0	0	0	0	2	2	4	1	2	3
32 OTHER DISEASES OF RESPIRATORY SYSTEM	70	42	28	0	0	1	0	0	0	0	0	1	0	4	0
34 OTHER PARTS OF DIGESTIVE SYSTEM	27	13	14	0	1	0	0	0	0	3	1	2	2	3	2
35 DISEASES OF URINARY SYSTEM	6	3	3	0	0	0	0	0	0	1	0	6	3	2	5
39 DIRECT OBSTETRIC CAUSES	1	0	1	0	0	0	0	0	0	1	1	0	0	7	8
42 DISEASES OF SKIN	1	0	1	0	0	0	0	0	0	0	0	0	0	2	2
43 MUSCULOSKELETAL & CONNECTIVE TISSUE	8	3	5	0	0	0	0	0	1	0	1	0	0	0	0
44 CONGENITAL ANOMALIES	2	1	1	1	0	1	0	0	0	0	0	1	0	4	0
45 CONDITIONS IN PERINATAL PERIOD	2	2	0	2	0	0	0	0	0	0	0	0	0	0	0
46 SYMPTOMS & ILL-DEFINED CONDITIONS	5	3	2	2	0	0	0	0	0	0	0	0	1	1	0
E47 TRANSPORT ACCIDENTS	13	7	6	0	0	0	0	0	0	0	0	0	0	0	0
E49 MISADVENTURES DURING MEDICAL CARE	1	0	1	0	0	0	0	0	0	0	0	0	1	1	0
E50 ACCIDENTAL FALLS	7	4	3	0	0	0	0	0	0	0	0	0	0	0	0
E52 OTHER ACCIDENTS,LATE EFFECTS	7	6	1	3	0	0	0	0	0	1	0	0	0	0	0
E54 SUICIDE AND SELF-INFLICTED INJURY	13	8	5	0	0	0	0	0	0	1	0	2	0	2	2
E55 HOMICIDE & INTENTIONAL INJURY	3	1	2	0	0	0	0	2	0	1	0	1	1	0	0
E56 OTHER VIOLENCE	1	1	0	0	0	0	0	1	2	0	0	0	0	0	0

PUBLIC HEALTH NURSING REPORT - 1990

- Judy Tondell

This has been another year of changes for the Melfort-Tisdale Health Region. At times, because of short and long term vacancies, it has been a challenge to keep all nursing positions filled. Sharon Selnes has continued disability leave for the entire year because of her serious car accident in June 1989. This position is filled on a temporary basis by Pat Taylor. Judy Tondell returned from her education leave in May and resumed her duties as PHN II. Bonnie Meier, who had been acting PHN II, returned to her nursing position in the Nipawin office. In September, Grace Rindahl assumed the position of Acting Regional Director for the Melfort-Tisdale and Prince Albert health regions. At this time, Judy Tondell became Acting Regional Nursing Supervisor for the two health regions, Pat Streeton replaced her position as the Acting Public Health Nurse II in the Melfort-Tisdale Health Region. Jean Senecal was hired on a temporary basis to replace Pat Streeton during this time. Eileen Bone, at the Tisdale office, began maternity leave in December. As this is a job-sharing position, it was decided to leave this position vacant until the end of the year.

The shift in staff changes has meant that staff are continually challenged as they do their job. For those of us who have changed job descriptions or locations, we have found it interesting and stimulating to be met with something a little out of the ordinary in our routine work.

All of the programs in existence at the beginning of the year have continued. In some areas we have made a special effort to evaluate our progress. The pregnant Adolescent Support Program has carried on for another year. The nurses are pleased with the co-operation of various disciplines in this program. Early in the year Public Health Nurses met with Social Services Staff to discuss what had been done in this program and to share ideas with each other as to how the program would continue to be implemented in the coming year.

A Postpartum Parent Support Program was also implemented in the province this year. The Melfort Union Hospital being the largest hospital in this Health Region was the first hospital to be introduced to this program. By late fall, all hospitals in the Health Region with five or more births a year had been introduced to the program. Medical staff and the Health Region Nutritionist are working with the Public Health Nurses in carrying it out. Hospital staff, doctors and Community Health Staff agree this is a good

comprehensive approach in caring for the postpartum parent.

The screening component for the Vision Screening Program was completed the end of December. All the data for this program will be collected by the end of March, 1991. At this time the data will be compiled and the final evaluation of the program will be done.

In the area of Developmental Screening it was decided that formal screening with the Denver Developmental Screening tool would be discontinued. At present the Public Health Nurses are using their developmental assessment skills to assess preschoolers at core ages. A new developmental tool to be used in assessing development of preschoolers is presently being developed. A most recent and exciting program which public health nurses are presently involved with is the Nobody's Perfect Parenting Program. This is a program that has previously been implemented in other provinces of Canada. It has just been accepted by Saskatchewan this year. In the Melfort-Tisdale Health Region two nurses have been trained as facilitators to present this program to parents. They are finding this to be a time-consuming program, but very worthwhile and very well accepted by families. Nurses who have taken the Facilitators' Training Course also state that the skills they have learned help them in any type of teaching situation they find themselves. We are excited about the future of this program in Saskatchewan.

As part of our school program, nurses have always been involved in the follow-up and control of pediculosis outbreaks in the community. This has presented a health problem, though minor in nature, that has been very time consuming for nurses in the past. This program has also been reviewed and we are looking at possible changes in this area in the coming year. The nurses have followed up a total of 126 communicable diseases in the Health Region during 1990.

Even with a very busy workload, continuing education for nurses has not been neglected. Seven nurses from the health region attended the second year of a three year program in continuing education in Saskatoon. Six College of Nursing students who are completing their Bachelor of Science Degree in Nursing received field experience in the Health Region as well as two nurses in the Post Registered Nursing Program. The Public Health Nurses who act as role models for these nursing students, meet with College of Nursing Staff before the field experience begins then also do a post evaluation. These meetings ensure ongoing feedback as to how well this program works.

In June, two of the Public

Health Nurses assisted a Master's Student from the University of Saskatchewan, in a research project with four year olds. The Public Health Nurses enjoy and appreciate the opportunity of working with students in the College of Nursing programs.

The dedication and enthusiasm of all the staff in carrying out the various parts of the public health nursing program has made working with people an enjoyable experience this past year. I extend a sincere thank you: to the nurses, who have provided a high quality of service in a professional, pleasant and competent manner to the clerical staff and other disciplines we have worked with, to a Regional Director who has worked extremely hard to co-ordinate all the activities within the health region and to our Executive-Director, L. Jane Knox, who has taken time out from her busy schedule with the staff and to discuss with us any concerns that we may have had. I look forward to the challenges of another year as we work together for the health and well-being of the people in our community and our staff.

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PUBLIC HEALTH NURSING STATISTICS
(January 1, 1990 to December 31, 1990)

PRENATAL CLASS ATTENDANCE

	Class 1 How That Your's Expecting a Baby	Class 2 Nutrition	Class 3 Labor and Delivery	Class 4 The Hospital Experience	Class 5 Adjustments	Class 6 The Newborn
No. of Classes Taught	21	20	27	27	21	24
No. of Mothers Attended	124	127	183	231	115	131
No. of Primigravidae	101	112	165	151	101	112
No. of Mothers:						
17 & Younger	3	3	3	8	0	[illegible]
18-35	120	119	189	175	110	126
Over 35	1	11	10	9	4	[illegible]
No. of Fathers/Coaches attended	104	111	186	173	107	111
New Registrations:						
No. of Mothers		23	51	11	02	02
No. of Fathers/Coaches		27	49	9	02	02

INFANT AND PRESCHOOL SERVICES

	Total.	Infant	Preschool
Immunizations:			
D.P.T.*	3824	2155	1669
D.T.**	137	38	99
Oral Polio	3992	2207	1785
M.M.R.***	847	—	847
Hib ****	725	—	725
Other	77	55	19
Developmental Screening	3517	1384	2133
- Failures	37	9	28
Hearing Screening	4310	2093	3327
- Failures	69	5	64
Speech-Language Screening	747	—	747
- Failures	115	—	115
Vision Screening (First Screens)	796	—	796
- Failures	36	—	36
Nutrition Assessment	5725	2902	2838
- Failures	30	15	34
Physical Assessment	5783	2858	2925
- Failures	102	44	58
Total Births for 1990	840		

* Diphtheria, Pertussis, Tetanus
** Diphtheria, Tetanus
*** Measles, Mumps, Rubella
**** Haemophilus Influenzae

HOME VISITS OR CONTACTS

	Total	Home Visits	Interviews/ Other Contacts
Prenatal	717	235	482
Postnatal	1,195	634	561
Infant	1,037	185	852
Preschool	1,274	275	999
School Age	1,372	287	1,085
Adult:			
- Under 65	1,979	451	1,528
- 65+	1,353	576	777

SCHOOL PROGRAM

Student Programs	
Teacher/Nurse Conference	1,313
Students Seen	7,272
Education Program	
- students attending	3,307
Number of Immunizations	2,467

PREGNANT ADOLESCENT SUPPORT PROGRAM

Total No. Referred:	14
No. of schools involved	9
No. of Adolescents who attended prenatal classes	9
Total No. of Home Visits made to adolescents	70

PUBLIC HEALTH INSPECTION REPORT - 1990

- Douglas Terry

The inspection division experienced some staffing changes this year. For the most part of the year three district inspectors provided coverage to another district in addition to their own.

The Wadena district was covered from Tisdale, the Humboldt district was covered from Melfort and the Nipawin district inspector provided services to an area located in the Prince Albert Health Region on a temporary basis.

In the Fall of the year the Humboldt vacant position was filled by Mrs. Laura Parenteau, a recent BCIT graduate, and the additional coverage to the Prince Albert region was discontinued when that region obtained additional staff. Subsequently the district boundaries were altered to amalgamate the majority of the Wadena district into the Humboldt district in order to provide better service.

The Senior Inspector's position remained twinned with the Prince Albert Region for the most of the year which allowed Mr. Chuck Shaw to provide administrative and support services.

In July the Senior Inspector's position for this Region was advertised and filled in October by Doug Terry, the Melfort district inspector. At this same time our Nipawin district inspector, Mr. Bryce Graham, accepted a promotion and departed to the Moose Jaw Region.

We were extremely fortunate to recruit Mr. Richard Bader in December to fill the Nipawin Inspector's position. The Melfort district position that became vacant is covered by the Senior Inspector in addition to administrative and supervisory duties. All inspectors this year had an opportunity to attend an inservice upgrading course.

The frequency of facility inspections and surveillance in the region was not at our desired optimum level as a result of the double district coverage due to staff shortages. However all annual inspections of facilities requiring licences or permits were completed. These facilities included: eating establishments, bakeries, slaughter houses, beverage rooms, hotels, motels, tourist accommodations, recreational and camping facilities, mobile home courts and public swimming pools. Many other non-licensed facilities such as food stores, butcher shops and barber and beauty salons were also inspected.

"Demand" services remained high in all districts which provided challenges to the district inspector's ability to coordinate and schedule their workload and service-delivery. These "demand" services included: complaint investigations, food poisoning

investigation, communicable disease investigations, plumbing and sewage disposal installation inspections, inspection requests from other agencies (Day-care, Group Homes, subdivision applications, facility grant applications) and private water treatment and analysis, advice and problem solving. Specific complaints received that were investigated and resolved included: bed bug infestations, dead animal disposal, sewage discharge, indoor air quality, solid waste disposal, housing, water quality and food.

Seasonal variations in our program ranged from carbon monoxide testing in indoor ice arenas to outdoor swimming pool water quality testing and monitoring.

The Shoreland Pollution Control Regulations resulted in a constant summer demand for shoreland property assessments and subsequent inspections for sewage holding tank installations. This demand increase appears to be in relation to apparent increase in environmental awareness of the general public.

A special program conducted this year was a sampling survey of private wells in the vicinity of the Village of Love. The sampling was to test for natural occurring levels of arsenic. This program was initiated after learning of arsenic concentrations being detected in the Village of Love well water by the Department of Environment and Public Safety. As these concentrations can fluctuate greatly a repeat of sampling was scheduled. Only one well of ten samples had a concentration exceeding the recommended level.

Our educational and training programs carry a high priority in the region. The food handler's training program (National Sanitation Training Program) that inspectors conduct is a one day seminar that is being well received. Recent changes to the eating establishment regulations now require staff in restaurants, hospital and nursing home kitchens, and caterers to be trained by attending such a course. Successful participants receive nationally recognized certification. Seven such courses were conducted in the late fall of the previous year with two courses conducted this Spring. A mail survey in December to all eating establishments in the region resulted in four courses throughout the region being scheduled for the early new year.

Another successful training program is the Level 1 Swimming Pool Operators Course that is conducted at least once annually for all municipal and commercial pool staff.

Eighteen successful operators were certified in May just prior to most seasonally-operated pools being opened.

These educational programs most definitely enhance the level of

regulatory and standards compliance, that in turn reduces the need for enforcement.

Our environmental health inspection program impacts directly on many aspects of everyday living. In an effort to monitor public health concerns and identify potential public health risks in the community the inspectors attempt to maintain a working relationship with local boards of health. This is accomplished primarily through contact with the municipal offices. In many instances specific advice and assistance can be provided to councils on various health concerns by the district inspector.

In evaluating this year's success it can be concluded that this region's level of health standards remains very high. This accomplishment can be attributed to the level of consciousness of health standards by the region's population as well as the dedication and efforts of the region's inspection staff and support staff.

Due to a transition in the inspectional computer information system this year, the usual compiled statistics are not available.

SPEECH LANGUAGE PATHOLOGIST'S REPORT

-Cindy Neigel

The major focus of the Speech Language Pathology program is the early identification of and intervention in communication disorders. As in the past our target group has been mainly preschooler's although services are also available to adults.

Again we were fortunate to have the assistance of Karen Wasylenko from Saskatoon Rural Health Region and Jay Rindahl from Prince Albert Health Region in covering Humboldt and Nipawin district offices respectively. In general the caseloads have remained fairly consistent in all areas.

The addition of a computer to the Regional Office has increased my efficiency. With the limited computer knowledge I came to the job with and a couple of courses I attended I have been able to make use of the computer for report writing, the sending of form letters, individual program planning and general caseload management. The prospect of computers dedicated specifically to the therapies is an exciting one.

Our first year usage of the Communication Questionnaire has brought much positive feedback. The nurses as well as the other Community Health Speech Language Pathologists feel that the implementation of the Questionnaire was a positive move. One of the best features I see is the orientation of all nurses to the use of the questionnaire.

I have enjoyed the contact I have had with the North East Early Childhood Intervention Program, the Farly Childhood Psychologist, the nursing staff and the school Speech Language Pathologist's in the area as well as the agencies we often liaise with in Saskatoon. The ability to work together with other agencies has certainly enhanced the services that we are able to provide to the people of this Health Region.

The Speech Pathology position in the Melfort-Tisdale Health Region continues to be an interest and a challenge. As my time in this position increases I become more aware of the need for continued service and education. I would like to thank all of the Health Region staff as well as the people I have met in the past three years for making my job an enjoyable one.

SPEECH LANGUAGE PATHOLOGY STATISTICS

Source of Referrals

Public Health Nurse	132
Early Childhood Psychologist	9
Doctor	14
Parent	6
Other	13
	177

Number of Assessments Completed: 135

Number of Reviews Completed: 92

Percentage of Caseload by Age Group:

	Dec. 1988	Dec. 1989	Dec. 1990
Preschool	94.0%	90.0%	91.4%
School age	0.0%	0.0%	0.0%
Adults	6.0%	10.0%	8.6%

Speech Pathologist's Activities by Category:

	1989	1990
Casework	65.6%	63.8%
Administration	13.4%	15.3%
Travel	10.4%	11.5%
Professional Development	7.8%	7.5%
Public Education	2.8%	1.9%

EARLY CHILDHOOD PSYCHOLOGIST REPORT - 1990

- Ruth M. Wong

The past year has been a busy year. The Early Childhood Psychologist (ECP) provided services for both the Prince Albert and the Melfort-Tisdale (except the Wadena and Humboldt District Offices) Health Regions. Fifty-five percent of the time was spent at the Prince Albert Health Region and forty-five percent at the Melfort-Tisdale Health Region.

The Early Childhood Psychology Program provides psychological, consultative and preventive services to preschool children and their families in these Health Regions. Details of the Early Childhood Psychologist's activities are presented in Table I.

One hundred and thirty-one (131) new referrals were received with a monthly average equalling 10.9 new children. The average waiting period for new referrals to be seen was three months. Seventy-six percent of the referrals involved concerns about the developmental areas and twenty-four percent involved concerns about child behaviour problems. Thirty-seven percent of the referrals were received from Public Health Nurses and eleven percent were from the Speech-Language Pathologist, and fifty-two percent were from the Early Childhood Intervention Programs, Parents, Social Services, Physicians, Day Care Centres, etc.

A total of 335 appointments with or about the clients were made these included assessments, counselling, case consultation and case conferences. Of these appointments, 49% were at the Regional Office, 13% were at the District Offices and 38% were at the children's homes, Day Care Centres, etc.

The Early Childhood Psychologist attended monthly meetings of the Prince Albert Early Childhood Intervention Program and North East Early Childhood Intervention Program Admissions and Review Committees and regularly reviewed the children involved in these programs with the home teachers. A considerable amount of time was also devoted to consultation and programming services for Special Needs Children in the Day Care Centre.

The Early Childhood Psychologist also represents the Department of Community Prevention Health Services on the Provincial Early Childhood Intervention Program Council which meets three times a year.

I would like to thank the staff of both Health Regions for their co-operation and support during this year.

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TABLE I: DETAILS OF EARLY CHILDHOOD PSYCHOLOGIST ACTIVITIES IN 1990

	Average of Percent of Total Time	
	Prince Albert	Melfort-Tisdale
Casework/Case Management	60.9	49.8
Consultation	17.0	11.0
Public Education	3.2	0.7
Professional Updating	0.9	1.4
Travel	7.9	28.8
Administration	10.1	8.3

TABLE II: EARLY CHILDHOOD PSYCHOLOGY STATISTICS

	Prince Albert	Melfort-Tisdale
Average Monthly Caseload	94	72
Number of New Referrals	72	59
Number of Discharges	70	38
Average Number of Appointments With or for Children Per Month	18.5	9.4
Total Number of Appointments	222	113
Services Provided:		
1. Assessment	94	69
2. Other: Counselling, Case Consultation, Case Conference, etc.	128	44
Location of Appointments:		
1. Regional Office	87	29
2. District Office	6	38
3. Other: Home, Day Care Centres, etc.	129	46
Source of New Referrals		
1. Public Health Nurse	19	30
2. Speech-Language Pathologist	7	7
3. Other: Early Childhood Intervention Program, Parent, Physician, Social Services, etc.	46	22
Reason for Referrals		
1. Developmental Problems	54	45
2. Behaviour Problems	18	14

NUTRITION REPORT - 1990

- Heather McAvoy

This year has been an extremely busy and productive year. The demand from the public for nutrition services has never been as heavy. I continued to serve both Prince Albert and Melfort-Tisdale Health Regions, and so have found it most effective to work through others whenever possible. My services are disseminated through Public Health Nurses, Hospital Dietitians, Educators, and community lay leaders.

I have continued to work very closely with Public Health Nurses in the Region. Regular presentations to Nursing Staff Conferences have been instrumental in keeping nurses abreast of programs and developments in the field of Nutrition, and I thank the nurses for their invitations. In March, 1990, Health and Welfare Canada announced new "Nutrition Recommendations for Canadians" aimed at reducing the very high incidence of lifestyle diseases such as heart disease and cancer. The "Eat Smart for your Heart" program was introduced to nurses, and they have since been instrumental in promoting these workshops throughout the Region. The W.H.O. "International Code of Marketing of Breast Milk Substitutes" was reviewed for use by Public Health Nurses in the implementation of the Post-partum Parent Support Program.

Another effective method of fanning out nutrition services is through educators. In 1990, I conducted Nutrition Education Workshops for Division I and II teachers in three School Divisions in the Health Region. In addition I have provided information and resources to many individual teachers, interns and students, in schools, daycares and post secondary educational institutions.

Heart Disease continues to be a major public health problem in Canada, and as a result, the public is highly interested and quite highly motivated to adopt a healthier lifestyle in order to reduce the risk of Heart Disease. To capitalize on this interest Nutritionists in the province initiated a program called "Eat Smart For Your Heart". This program is aimed at the general public, and has been offered in the form of a six hour workshop, or condensed in some cases to three hours. The program has been very popular throughout the province. I would like to thank the nurses in the Health Region for their role in promoting and setting up sponsorship of these workshops. The program would not have been so successful without their valuable assistance.

At the end of 1989, I wrote and produced "Lighthearted Living" a 13 show T.V. Series dealing with Heart Health. This series was produced in conjunction with the Heart and Stroke Foundation of Saskatchewan, an

Everyone Wins Community Grant and Telecable 10, Prince Albert. It has been very well received locally, provincially, and nationally, and I am very pleased to report that the series has been purchased by the Provincial Heart and Stroke Foundations across Canada.

The media continues to be an effective method of reaching the public and stimulating interest in nutrition and healthy lifestyles. It was with great pleasure that we reinstated our weekly columns in all weekly newspapers in the Health Region. The number had been reduced to two per month during much of 1989.

A new program entitled "Prenatal Lifestyle Assessment" was introduced in this Health Region in September, 1990. Each participant in prenatal class is invited to complete a "Prenatal Lifestyle Questionnaire". This questionnaire is forwarded to the Nutritionist for assessment of prenatal risk, and a reply is returned to the client by mail. Clients who are at risk because of inadequate weight gain during pregnancy are called and counselled. Again I would like to thank Public Health Nurses for their cooperation in distributing and collecting the questionnaires.

I continue to be invited by several agencies to instruct the nutrition segment of their training courses. I have instructed segments of several SIAST courses including Special Care Aide, Home Care Aide, Early Childhood Education and general Adult Education. In some cases I have provided resources to other professionals to do the teaching.

Nutrition month is in March, and it gives me an opportunity to work closely with the other Nutrition professionals in the communities in the region. Our goals are to provide reliable nutrition education and to establish the Dietitian-Nutritionist as the nutrition professional in the community. Kits of Nutrition Education Material were sent to every school in the Health Region, and a display was designed and used in many locations during the month.

I continue to be an active member of the Nutritionist's "Preschool Nutrition Committee". The work of this committee in 1990 centered around the revision of the Nutrition Assessment conducted at Child Health Conferences. We surveyed Public Health Nurses in the province, and have drafted new sets of questions designed to screen Child Health Conference clients. The project is continuing and completion will be in 1991.

I also represented Community Health Prevention Services Branch on a provincial committee to revise the Saskatchewan Dietetic Association Diet Manual. The revisions are completed, and printing will be early in 1991.

I would like to express my appreciation for the support and co-operation I have received from my colleagues in the Region, and I am looking forward to a productive year in 1991.

NUTRITION STATISTICS - 1990

NUTRITION EDUCATION WORKSHOPS FOR TEACHERS:

	# Attending
Tiger Lily School Division	19
Wadena School Division	8
Tisdale School Division	7
TOTAL	34

EAT SMART FOR YOUR HEART:

Location	Sponsor	# Attending
Nipawin	S.R.N.A.	51
Zenon Park	Zenon Park Community Health & Social Centre	31
Hudson Bay	Hudson Bay Hospital Auxiliary	19
Humboldt	C.H.P.S.B. - Public Health Nurses	20
Melfort	Vaughn Community Club	22
	TOTAL	143

PRENATAL LIFESTYLE ASSESSMENTS: (initiated September 1990)

Questionnaires assessed	45
Clients at risk due to inadequate weight gain	5

GROUP PRESENTATIONS	28
TOTAL ATTENDING	499
REQUESTS FOR NUTRITION INFORMATION OR RESOURCES	149

DENTAL HEALTH EDUCATION REPORT - 1990

- Myrna Ruthven
- Shari Moneta
- Celia Schreiner

The role of the Dental Health Educator is to promote Dental Health Education and to serve as a consultant to individuals or groups who request information eg. teachers, parents, seniors, children, health professionals, minor sports association.

The program is staffed with 2 Dental Health Educator positions in Melfort-Tisdale Region and is in its fourth year of operation.

The Dental Health Education Program provides services to the towns of Humboldt, Melfort and Nipawin and surrounding rural areas. The school divisions in the area are as follows:

1. Humboldt Rural School Div.
2. Wakaw Rural School Div.
3. Lanigan Rural School Div.
4. Wadena Rural School Div.
5. Humboldt Town School Div.
6. Melfort School Div.
7. Tiger Lily School Div.
8. Tisdale School Div.
9. Hudson Bay School Div.
10. Nipawin School Div.
11. Kinsitino School Div.

Elementary School Dental Health Program

The emphasis of the program has remained on school children for the 1990-91 school term. The program included presentations to Kindergarten and to grade 6 students. The topics covered were:

1. Types of teeth and function
2. Roles of teeth
3. Tooth eruption
4. Differences between baby and permanent teeth
5. Plaque - definition, location
6. Importance of fluoride
7. Visits to the dentist
8. Brushing/Flossing techniques
9. Periodontal Disease
10. Diet and Dental Health
11. Tooth structure
12. Dental Safety/First Aid/Protection
13. Dental Products

Toothbrushes, dental floss, pamphlets and activity sheets were left with the participating students. Resource materials were provided to those teachers involved as well as to others on request.

Fluoride Mouthrinse Program

Fluoride Mouthrise Programs are available to all schools where the fluoride level in the drinking water is below optimal level for the reduction of tooth decay. The objective of the program is to reduce dental decay by weekly/biweekly swishing of a fluoride solution. Dental Health Educators provide schools with all the supplies, consultations and workshops necessary to operate a Fluoride Mouthrise Program independently.

Schools participating in the program are: St. Front, Blake Beattie & Stewart Hawke-Hudson Bay, Weekes, Carrot River, Codette, Wagner-Nipawin, White Fox, Arborfield, Ridgedale, Zenon Park, Kinistino, Weldon, Pleasantdale, Gronlid, Prairie River. One fluoride mouthrinse program in Yellow Creek was lost due to school closure.

Preschool/Day Care Centres

"Charlie Chew" and "Gary The Gopher" are now the theme characters for the preschool kit. The kit contains dental health material for use by the preschool workers upon request. The kit includes an instruction manual, story books, activities, songs, a mouth model, pamphlets, tooth stamps and dental mirror in addition to tooth brushes and colouring sheets for each child.

Special Presentation

The oral health module in the Special Care/Home Care Aide Program was presented to students at Middle Lake, Wadena, Melfort, Porcupine Plain. Topics covered in all these presentations included: Plaque, process of periodontal disease, how health care workers can maintain oral health of patients, dental aids useful to disabled adults, care of dentures, and brushing/flossing demonstrations.

A special education class at Humboldt collegiate Institute requested a health presentation in February 1991. A presentation on plaque and brushing/flossing technique was done.

Dental Health Month

April is designated as Dental Health Month and is a busy time of the year as we become involved in projects to make the public more aware of their dental health. A story book "A Walk With Charlie Chew" written by 3 Dental Health Educators was used as part of the month's promotional activities and draws for these books were done at our displays.

1. Dental Health Promotion Displays -
   Displays were set up in the following areas:
   Humboldt Mall-Humboldt
   Melfort Mall-Melfort
   Tisdale Mall-Tisdale
   Nipawin Trade Fair-Nipawin

   These displays featured a sugar display, fluoride products as well as information on maintaining good oral hygiene.

2. Letters and articles for school newspapers were sent to all schools in the Region. The articles are on various topics of dental health for children and their parents.

   Smaller dental health displays were set up in our regional offices. Many thanks to the staff in these offices for their assistance.

3. The highlight of April was the introduction of the "Dental Health Month Baby Basket". The first baby born in April in each of the hospitals in the province received the basket and additional babies received smaller dental packets.

Program Development

Activities for the year again revolved around research and lesson planning. Visual aids were designed and prepared.

A joint effort funded by the Dental Health Education Program, the Children's Dental Plan and Northern Health Services designed and brought forth a resource book, "A Parent's Guide to Dental Health".

Inservices held at Dental Health Education meetings included - Voice Hygiene by Donna Upshall, Managing the Media and a Mouthguard presentation by Dr. Todd Lee-Knight.

The new post-natal program through the Humboldt, Melfort, Nipawin Hospitals has had an excellent response from the hospital staff and from involved parents. We thank the staff in the hospitals for all their co-operation and assistance in getting the program under way.

With this program, we are able to reach parents of infants and toddlers, a group we have not been able to assess up to now. It is important to educate these parents so they can establish good dental habits on their children in the early years. We are very confident this program will help accomplish this goal.

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DENTAL HEALTH PROGRAM STATISTICS

Number of schools visited	72
Number of Students	8663
Dental Health Month "Baby Baskets"	9
Fluoride Rinse Programs	16
Number of Participants	1917

MELFORT, Sask. Box 6500, S0E 1A0 (Fax.)752-6202 752-6200

NAME	Home #	Office #
FRADETTE, Brenda - PHN I	752-5217	752-6194
JONES, Dr. Vincent - Chiropodist	752-5553	752-6199
KEHRIG, Darlene - CT II	752-3524	752-6200
McAVOY, Heather - NUT	764-5442	P.A. 752-6191
		P.A.953-2367
MILLER, Irene - CS II	752-5641	752-6183
MONETA, Shari - DHE (job sharing)	752-3216	752-6190
MYRHEIM, Celine - CS IV	752-4111	752-6184
NEIGEL, Cindy - SLP	752-3541	752-6198
OLSON, Crystal - CT II	277-4312	752-6185
RINDAHL, Grace -A/RD	922-1004	P.A. 752-6182
		P.A.953-2372
SENECAL, Jean - PHN I	752-9441	752-6192
STREETON, Patricia - A/PHN II	752-5062	752-6189
TAYLOR, Pat - PHN I	752-9167	752-6193
TERRY, Douglas - Sr. PHI	752-2516	752-6186
TONDELL, Judy - A/RNS	752-4280	752-6188
TYCKON, William "Bill"- PHI II	752-9573	752-6196
WATLER, Dr. Don - Medical Health Officer	782-0023	York. 752-6182
		York.786-1606
WINGE, Debbie - Assis. Chir	752-5324	752-6180
WONG, Ruth - ECP	764-2881	P.A. 752-6197
		P.A.953-2369
BLACKLAWS, Mary - CT II (Chiropody)	873-5559	752-6180

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ADAMS, Marliss - PHN I	682-3918	682-2626
ALBERS, Bernadette - CT II	682-2346	"
PARENTEAU, Laura - PHI II	682-2434	"
RUTHVEN, Myrna - DHE	682-4451	"
SIERMACHESKY, Karen - PHN I	682-5472	"
TATARYN, Alice - PHN I	682-2089	"

HUDSON BAY, Sask. Box 187, S0E 0Y0 865-2634

BLOCK, Judy - CT I	865-3903	865-2634
RUDYCHUK, Margaret - PHN I	865-3012	"

NIPAWIN, Sask. Box 1438, S0E 1E0 862-1775

ARMSTRONG, Avril - CT	426-2206	862-1775
BADER, Richard - PHI (Trainee)		"
HARPER, Rennie - CT II	862-4919	"
KERR, Lorraine - PHN I	862-2286	"
MEIER, Bonnie - PHN I	277-2110	"
PYNE, Diane - PHN I (job sharing)	862-3709	"
SCHREINER, Celia - DHE (job sharing)	862-4989	"
TRITES, Joan - PHN I (job sharing)	768-2970	"

TISDALE, Sask. Box 1297, S0E 1T0 873-2641

BONE, Eileen - PHN I (job sharing)	873-4809	873-2641
CLEAVELEY, Julie - PHN I	873-4924	"
KAPELLER, Sharon - CT II	889-2035	"
LALONDE, Debbie - PHN I	767-2269	"
NORDLUND, Shirley - CT	873-2745	"
ROGERSON, Heather - PHN I (job sharing)	768-2527	"

WADENA, Sask. Box 580, S0A 4J0 338-2538

BOWMAN, Evelyn - CT II	338-2959	338-2538
EVANS, Marie - PHN I	383-4094	"
SILLER, Yvonne - PHN I	338-3878	"
WIRTZ, Elaine - CT	338-3418	"